



FRUITY THAI PITA POCKETS

Bored with the same old sandwich at lunch? Liven up packed lunches with this Thai-influenced pita pocket: a surprising blend of fruits, spinach and peanut sauce tucked in a very portable pita pocket.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

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| <ul style="list-style-type: none"> • 1 15-oz can Tropical Fruit Salad in 100% Juice • 4 whole-grain pita pocket breads • 4 cups fresh spinach, torn • ¼ cup fresh cilantro (optional) | <p>Spread</p> <ul style="list-style-type: none"> • 3 tbsp reserved juice from Tropical Fruit Salad • 1/2 cup natural peanut butter, crunchy/chunky • 3 tbsp fat-free cream cheese • 1 tbsp low-sodium soy sauce |
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DIRECTIONS:

1. In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice.
2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
4. Add sauce and toss.
5. Slice a small portion off each pita and tuck sliver inside at the bottom.
6. Fill each pita pocket with the fruit-spinach mixture.
7. Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

Time-saving idea: Purchase pre-opened pita pockets.



Food Group Amounts	
Dairy	--
Fruits	½ cup
Vegetables	1 cup
Grains	1 oz
Protein	2 oz

Nutrition Facts	
Serving Size 212 g	
Amount Per Serving	
Calories 370	Calories from Fat 150
%Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 42g	14%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 13g	
Vitamin A 25%	Vitamin C 90%
Calcium 8%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



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